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If you require additional copies, or would like the information in another language or format ie. Braille, audio tape or large print, please contact us on: 020 8962 4598

এই প্রচারপত্র ব্রেইলে, অডিও টেপে, বড় হরফে এবং অন্যান্য ভাষায় পেতে হলে 020 8962 4598 ফোন নম্বরে যোগাযোগ করুন।

يمكن الحصول على هذه النشرة بحروف بريل (للمكفوفين)، أو على شريط صوتي، أو بحروف كبيرة، أما يمكن الحصول عليها بلغات أخرى وذلك بالاتصال برقم الهاتف: ٠٢٠ ٨٩٦٢ ٤٥٩٨

این نشریه همچنان به چاپ مخصوص برای نابینایان، در کست تیپ، با حروف بزرگ و به زبان های دیگر موجود است. می توانید به شماره 020 8962 4598 در تماس شوید.

" اگر به نسخه های بیشتری نیاز دارید، یا مایلید اطلاعات را به زبانها یا فرمت های دیگر مانند خط بریل، نوار صوتی یا چاپ درشت دریافت کنید، لطفاً با این خط تماس بگیرید: 020 8962 4598 "

Para receber este folheto em Braille, em cassete audio, ampliado ou noutras linguas, ligar ao telefone 020 8962 4598

Hadii aad u baahato nuqulo dheeraada, ama wararkan oo ku qoran luqado kale ama nooc kale ah tus: Luqada indhoolayaasha, cajalad ku duuban ama khad-waaweyna, fadlan nagala soo xiriiir Tel; 020 8962 4598.

Este folleto esta disponible en formato Braille, o en cinta de cassette, o en letras de formato grande y en otros idiomas, llamando al 020 8962 4598

Kung kinakailangan ninyo ang karagdagang mga kopya, o nais ninyo na ang impormasyon ay sa ibang wika o ibang pormat halimbawa Braille, audio tape, o malalaki ang pagkalimbag (large print), mangyaring makipag-ugnayan sa amin sa: 020 8962 4598.

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Central London Community Healthcare is the provider of Community Services in Hammersmith and Fulham, Kensington and Westminster. Central London Community Healthcare is hosted by NHS Kensington and Chelsea.

www.clch.nhs.uk



Central London
Community Healthcare

Fit for Life

Start the road to a
healthier lifestyle!



What is Fit for Life?

This **FREE** eight week group programme is designed to help you to lose weight, get fit and make more informed choices about your diet and lifestyle. It is run by registered dietitians and is aimed at helping you lose and maintain long-term weight loss.

The sessions focus on different topics related to weight management each week. The nutrition session runs for just over an hour, followed by 45 minutes gentle exercise. The exercise sessions are designed to suit everyone in the group.

There is a focus on behaviour change throughout the programme, helping you to develop key skills to manage your weight in everyday situations, in addition to nutrition and exercise advice.

Another benefit of the group is the opportunity it gives to meet other people, who have the same goals and who are facing the same challenges as you in managing their weight.

Topics Covered

Introducing Weight Control –
how to achieve a balanced diet,
controlling food portions

Making healthy choices when eating
out

Understanding food labels

The psychology of eating

Healthy cooking for all the family

Exploring and dispelling the myths
around weight management

Physical activity and how to get
started.



Here is what others have said about the programme:

"It was fantastic to get one-on-one advice from a dietitian. And for free!"

"Fit for Life changed my life. I have lost weight and kept it off!"

"I thought the weight management team were really good, motivating, sympathetic and understanding."

"The exercise instructor was patient and considered everyone's needs."

"I was glad to be in the programme and found it really useful to meet weekly. I also really enjoyed the exercise sessions after the group meeting."